

Latin I & II

Summer 2008: Monday 8:00 – 9:25

Salsa: (engage hamstrings)

Shines:

- Basic
- Breaks – side, forward and back
- Side, side, side, tap
- Cumbia/5th position (angle body, cross back)
- Diagonal front
- 2 o'clock turn
- Front cross – drag
- Back cross

Amalgamation:

- 2 basics
- cross body lead
- 2 basics
- she goes under (2 o'clock turn)
- 2 basics
- he goes under (2 o'clock turn)
- open break with man's turn *
- 2 basics – man loops/combs her head
- cross-body lead
- 2 basics

* Open break with man's turn

- L – back (1), replace (2), side (3) his left hand – push away then around to side of her
F – back (1), forward (2), step/turn (3) her right hand
- L – hook (5), unwind-to his right, face away from her, switch hands (6), face her (7)
F – basic in place, she leaves hand on waist as he turns
- L – basic in place – he lifts his right arm on 3, thumb down
F – basic in place – she prepares for right turn
- L – lead 2 o'clock turn
F – 2 o'clock turn

Chad Lakridis ©

480-614-5241

www.dancewithchad.com

www.danceislifelifedance – radio show

Disclaimer: The following is the opinion and view of the writer and freely admits that they do not necessarily reflect the views of the instructor. Reliance on any information in these notes is entirely at the user's risk.

Latin I & II (cont.)

Bachatta:

Amalgamation:

- side, together, side, bump – 2 times
- lady turns to her right
- basic
- man turns to his left
- 2 basics
- lady turns to her left
- basic
- man turns to his right

Merengue: (also done to salsa beat)

- 8 in place
- 8 lady's outside turn/right/clockwise (armpit and rib aligned)
- 8 man's outside turn/left/counter clockwise
- 8 lady's inside turn/left/counter clockwise
- 8 man's inside turn/right/clockwise
- release
- 2 hand – she goes under, he goes under, she goes under
- loop over her head
- cross body lead
- repeat

Chad Lakridis ©
480-614-5241
www.dancewithchad.com
www.danceislifelifedance – radio show

Disclaimer: The following is the opinion and view of the writer and freely admits that they do not necessarily reflect the views of the instructor. Reliance on any information in these notes is entirely at the user's risk.